

The Center at Priscilla Place

Senior Center serving adults age 55+

June 2017

23 Priscilla Place • (203) 452-5199

Monday through Friday 9:00 AM—4:00 PM • Thursdays 9:00 AM -7:00 PM

Time to Renew Your Membership!

Trumbull Senior Center membership renewal is due no later than July 1, 2017. The fee for residents is \$5.00 and non-residents is \$20.00. See page 14 of this publication for your membership application.



All current members and new members are required to fill out a new membership application.

Drop it off or mail it with your payment to:

Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611

The Membership Makes This Place Great!

Evening Program:

Please join us!

Summer Meditations with Deborah Swann

Level I: Fundamentals of Meditation/Developing a Personal Practice



Thursdays from 6:00 PM—7:00 PM

Six week session

June 1, 8, 15, 22, 29, and July 6

\$24.00 for the six week session.

\$5.00 per class for drop in.

For more information and to RSVP,
please call (203) 452-5137.

New Class!

Have you heard about Feldenkrais?

Feldenkrais® MoveAbility

As we mature and age, we develop physical and mental habits that can become deeply ingrained. Some of these habits can be useful – but many are not. The *Feldenkrais Method* is designed to help you discover, explore, and change those habits which are not serving you well. Whether you are recovering from illness, accident, or surgery; want to expand your athletic or creative skills; or simply wish to be more comfortable in your own body; the *Feldenkrais Method* can help you achieve your goals.



The Class: The teacher leads you through gentle movement sequences, directing your attention to help you identify your habits and your potential for improvement. You will learn to move with less pain and effort; and changes will actually occur in the brain patterns which organize your movement. You will learn to translate intention into action, and get rid of unnecessary or interfering habits. The goal of these lessons is no necessarily relaxation, but rather to achieve health, powerful, easy, and pleasurable action.



PlantNite comes to the Trumbull Senior Center!

Thursday, June 29th at 5:00 PM



See page 6 for more information.

The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults. It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members. The center strives to prevent isolation and encourages socialization.



First Selectman (203) 452-5005
Timothy M. Herbst

Senior Commission Chair
Amy DeZenzo (203) 261-0872

Director of Human Services (203) 452-5199
Michele Jakab

Administrative Assistant (203) 452-5137
Ashley Ryan Grace

Senior Center Receptionist (203) 452-5199
Jeannie Franco

Social Services (203) 452-5198
Jennifer Gillis: Outreach Coordinator

Jane Horton: Pantry Coordinator
(203) 452-5135

Wellness Nurse (203) 452-5134
C. Teresa Cryan, MSN, RN

Breaking News from the Wellness Nurse C. Teresa Cryan, MSN, RN,

Fond Farewell

I wanted to let you know that I will be retiring from my position as Wellness Nurse for the Town of Trumbull as of June 15th, 2017.

My husband is now fully retired from his position, and I consider myself truly blessed that he wants us to spend more quality time together. We have travel plans, starting with a two week trip to Ireland to visit family and friends and to do some sightseeing. In addition, our three grown children, their spouses, and our five grandchildren already have plans to keep us very busy.

Thank you for affording me the opportunity to work with you for these past three years. I have enjoyed my time here in this position, getting to know many of you, and imparting to you some of my perspectives on ways to live a healthy life, as we each travel the journey of normal aging. The process has already been initiated to find a replacement Wellness Nurse for the Town of Trumbull, and I am confident that you will welcome him/her as you so graciously welcomed me to the position.

I wish you all the best and plan to keep in touch. As a citizen of the Town of Trumbull, I imagine that our paths will continue to cross in the town or at the Senior Center in the future. Please stop by and say "Goodbye", if you happen to have the opportunity, on or before June 15th, 2017.

Teresa Cryan
(203) 452-5134



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Monthly Programs and Games

The Computer Bar

Every Tuesday

1:00 PM—3:00 PM

Computer not working? Tablet misbehaving? Is your phone acting up? If you have questions we have answers! Our crack team of geeks will be happy to give you some one on one assistance to get your devices up and running to peak perfection! There is a \$2.00 suggested donation for this service.

Computer Tutor: One on One Sessions

Cathleen Lindstrom

Every Wednesday and Thursday

10:30 AM—12:00 PM

- How to send emails/photos
- How to create a spreadsheet or lists
- What programs to use for letter writing and/or flyers.
- How to use the internet, social media
- How to do almost anything!

For more information and to sign up, please call (203) 452-5137. **Spots fill quickly.** The cost is a suggested donation of \$5.00 for non residents. There is no charge for residents. If you have a laptop computer, please bring it in.

Trumbull Senior Citizen Commission Meeting

Friday, June 23rd

10:00 AM

Meetings are held in the Long Hill Conference Room located in Town Hall and are open to the public.

Monthly Birthday Party

Friday, June 23rd

11:30 AM

Come celebrate our June birthdays! Cake and coffee will be served. This event is sponsored by Synergy Home Care. To RSVP, please call (203) 452-5137.

Lunch and Movie

Friday, June 30th

11:15 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film:

Age of Champions

Age of Champions is an award-winning documentary about five athletes who sprint, leap, and swim for gold at the National Senior Olympics.

To RSVP, please call (203) 452-5137.

Lunch Program

Join us for a hot lunch
Monday-Friday at
11:45 AM.

Reservations are required.

Call (203) 378-3086

See page 12 for our menu.

Games



Bingo

Friday, June 23rd

1:00 PM—2:30 PM

Prizes and refreshments! Seating is limited. Please RSVP by calling (203) 452-5137. This event is sponsored by the Trumbull Senior Commission and Synergy Home Care.

Bocce Ball

Mondays

9:00 AM

With the welcome of Spring and the beautiful weather, join us outside for a fun game of Bocce Ball.

Poker

Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game of poker. Don't forget to bring your poker face! Located in the card room.

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Interested in playing Texas Hold'em? Join us in the card room.

Pinochle

Wednesdays and Thursdays

Fridays

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Fridays

12:30 PM

Mah-Jongg players meet Friday afternoons in the library and the meeting room. New players are welcomed to join!



Workshops, Lunch and Learns, Events

Retirement Party for Teresa

Thursday, June 8th, 10:30 AM

Stop by the Snack Bar and be sure to send Teresa, the Wellness Nurse, your well wishes.

She will surely be missed!

Community Acupuncture

Monday, June 12th & 26th

9:30 AM and 10:30 AM Session

Are you interested in trying acupuncture? Join us for a group acupuncture session with Licensed Acupuncturist, Jim Fitzpatrick.

\$15.00 for one hour session.

Registration and payment is required prior to the day of the session.

To RSVP, please call (203) 452-5137.

Breast Health and You!

Monday, June 12th

1:00 PM

Join Nancy Church, Community Education Coordinator from the Norma Pfriem Breast Center, for an important presentation on breast health and how to decrease your risk of breast cancer.

For more information and to RSVP, please call (203) 452-5137.

Lunch and Learn

Healthy Hearts

Wednesday, June 14th

10:30 AM

Join Dr. Orr, a Cardiologist from St. Joseph's Center in Trumbull, for a presentation about cardiac health.

Lunch will be provided by

St. Joseph's Center in Trumbull.

For more information and to RSVP, please call (203) 452-5137.

Visit the Panama Canal

An Amazing Engineering Feat!

Thursday, June 15th

6:00 PM

Come learn about the Panama Canal's history, construction and operation through lecture and photographs. For more information and to RSVP, please call (203) 452-5137.

Food Safety

Wednesday, June 21st

10:30 AM

The Trumbull Health Department will be present to hold a lecture about the importance of food safety, harmful bacteria, and how to properly handle and thaw foods.

For more information and to RSVP, please call (203) 452-5137.

Lunch and Learn

Resources for Low Vision

Wednesday, June 28th

11:00 AM

The Lions Low Vision Committee of Fairfield & New Haven Counties will feature a presentation about issues and resources concerning low vision problems. Lunch will be sponsored by Comfort Keepers.

For more information and to RSVP, please call (203) 452-5137.

Helpful Tips to Prevent Fraud by the AARP Fraud Watch Network



Brought to you by **AARP**

1. Protect Your Mail

- Call 1-888-567-8688 to stop pre-approved credit card applications that a thief could steal and use to get credit in your name.
- Place outgoing mail into a locked mailbox such as a blue service box.
- Don't leave incoming mail sitting in an unlocked mailbox.
- Cut down on junk mail.

2. Be Cautious of Scams & Frauds

- Never give personal information over the phone. To cut down on unwanted telemarketing calls, sign up for the Do Not Call Registry at donotcall.gov or call 1-888-382-1222.
- Double-check references for door to door sales, home repair offers and other products. Verify that businesses and others who contact you are who they claim to be before you provide any personal information. If you think the request for information is legitimate, contact the company at a number you know is valid to verify the request.
- Check out a charity before donating to make sure they are legitimate at charitywatch.org



Stretch/Strengthen with Nancy-Mondays at 9:00 AM Stretch, balance, aerobic and strength exercises to improve flexibility and endurance. Optional: bring weights.

International Folk Dance with Leng -Mondays at 10:00 AM A wonderful exercise for your mind, body and spirit.

Intermediate Line Dance with Shirley-Mondays at 12:45 PM Line dance to different types of music.

Yoga with Jeannie-Mondays at 2:00 PM and Wednesdays at 9:00 AM This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

Fit for Life Exercise with Marylou-Tuesdays at 9:15 AM Low-impact aerobic exercise/dance (including a weights segment). Focus, balance, flexibility, strength and endurance.

Ballroom Dance with Mike Stavola-Tuesdays at 10:30 AM Ballroom dance lessons with or without a partner.

Zumba Lessons with Mike Stavola-Tuesdays at 11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-Tuesdays at 1:30 PM Focuses on improving balance, reducing stress and clearing your mind.

Jazzercise with Marylou-Wednesdays at 10:10 AM Combination of low-impact aerobic exercise and dance that focuses on balance, flexibility, and strength.

Tap Dance with Shirley-Wednesdays at 11:00 AM Experience required. Please bring your own tap shoes.

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-Thursdays at 9:00 AM This class focuses on breath, balance, core and total body strength and stretching. Bring your mat.

Feldenkrais with Cathy-Thursdays at 11:30 AM Awareness through movement. This class will teach you about the importance of proper movement techniques. These techniques are done while sitting.

QiGong with Julie-Thursdays at 1:30 PM An ancient Chinese martial art that integrates balance, breathing techniques, and posture. Tea will be served.

Zumba Gold with Jeannie-Fridays at 9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-Fridays at 10:15 AM An ancient martial art that helps improve balance, relieve stress and pain.

Belly Dancing with Deborah-Fridays at 11:30 AM Come and learn about the art and storytelling of belly dance.

BEADS ARE ON US!

Thanks to a generous volunteer, thousands of beads have been donated.

Viola's Fun with Beads: Last Tuesday of the month

June 27th, 1:00 PM—3:00 PM

This workshop is for beginners to advanced jewelry makers. Bring your jewelry in for repairs and/or purchase handmade beads. Make new items such as necklaces, earrings, and bracelets. You are also welcome to bring in your own beads. There is no cost for this class.



Thursday, June 29th at 5:00 PM

Build your own creative terrarium!

Choose between "A Day at the Beach" or "Route 66."

Step-by-step instructions are provided, along with fun trivia & raffle prizes.

\$10.00 members / \$15.00 non-members
(includes all supplies)

For more information and to RSVP,
please call (203) 452-5137.



Sue's Salon

Haircuts for men & women

Manicures & pedicures performed by a
licensed professional.

For an appointment, call (203) 981-7061

Price List:

Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry:

\$65.00



Art Classes

- **Watercolor classes:** Tuesdays or Thursdays at 9:30 AM
- **Drawing:** Mondays at 9:45 AM
- **Oil Painting:** Fridays at 10:00 AM

Instruction is available for beginners



Lending Library

Did you know we have a small book exchange here at the center? Stop by and check it out!

Borrow a book, keep a book, or
donate a book!



The Wellness Nurse

tcryan@trumbull-ct.gov

(203) 452-5134



Teresa Cryan, MSN, RN, APRN, is available at the Senior Center on Wednesdays and Thursdays, from 8:30 AM—3:00 PM.

She is also available at Stern Village Housing in Trumbull on Mondays from 8:30 AM -3:00 PM.

Wellness Nurse Services:

- **Assesses and records blood pressure readings, nutritional counseling and weight management support**
- **Provides assistance with making doctor appointments**
- **Leads seated exercise program on Thursdays at 11:00 AM**
- **Dementia education, connection to resources, disease prevention, and awareness programs**



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The Trumbull Community Center Study & Building Committee proudly introduce Conceptual Designs for a proposed Community Center. They are available for viewing in the Senior Center lobby.



Trumbull Community Center

Renderings

A Note From A Member: Elaine Fattibene

June 21st will be the 16th anniversary of my SECOND triple bypass. In addition, I had 14 catheterizations, 14 angioplasties, 7 stents, 1 brachytherapy (heart radiation) and an airlift to Washington, D.C.. Thankfully, there hasn't been any heart attacks!



My advice is not to ignore symptoms. Be certain to be your own advocate and persevere until someone correctly assesses your problem.

Also, exercise and watch your diet.

Had I not been proactive, I may not have been here today.

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Summer Concerts at the Gazebo

**Tuesdays, 7:00 pm at the
Town Hall Gazebo**

**Rained out concerts will be held on
Thursday of the week**

June 13th - Nashville Drive
(Pop Country)

June 20th - I'Liguri
(Italian American)

*Sponsored by Abriola Parkview Funeral
Home*

June 27th - Billy Genuario and
Destiny (70's through today)

Sponsored by St. Joseph's Center

July 11th - What it Is
(soul, rock, jazz, country)

July 18th - Steve D'Agostino Band
(American Songbook)

*Sponsored by Middlebrook Farms of
Trumbull*

July 25th - Survivor Swing Band
(1920s-1940s Big Band)

August 1st - Tony Reno
*Sponsored by Trumbull Senior
Commission*

August 8th - Bob Button Big Band
Sponsored by St. Joseph's Center

August 15th - Nina Etc.
(Classic rock & roll, jazz, blues)

August 22nd - Mia & the Riff
(Soul, Funk, R & B, Rock & Roll)

August 29th - Kathy Thompson Band
(Old and contemporary soul and R&B)

September 5th - The Barons (Oldies)

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WinnResidential

A non-denominational community owned by the Diocese of
Bridgeport. Professionally managed by WinnResidential.



The Trumbull Senior Center
would like to personally thank
Brueggers Bagels and
Stop and Shop in Trumbull for
their generous donations of
bagels and scones for
Older Americans Month in May.

Medical, social, shopping rides and more!: The Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides are offered Monday thru Friday. Rides are for those traveling to and from the senior center, medical appointments, legal appointments and nutrition programs.

**West Haven Veterans Museum and
Costa Azzurra
Thursday, June 22nd**

Take a trip to visit the
West Haven Veterans Museum.

After the museum, enjoy a delicious lunch at
Costa Azzurra in Milford. Be sure to ask them about
their lunch specials.

Please stop by the front desk if you would like a
menu. Transportation and admission to the museum is
free; you are responsible for the cost of your lunch.
For more information and to RSVP, please stop by
the front desk or call (203) 452-5137.

Time Schedule:

- Bus will leave the center by 10:30 AM
- Veterans Museum from 11:00 PM—12:00 PM
- Costa Azzurra from 1:00 PM—2:30 PM
- Bus will return to the center by 3:00 PM.

**Ferris Arcres Creamery
Thursday, June 29th**

Visit the Ferris Acres Creamery in Newtown to taste
some of the best ice cream around! All of the ice cream
is homemade and there are a ton of different flavors to
try. While enjoying your ice cream, sit and relax while
watching the cows on the farm grazing nearby.

Transportation is free; you are responsible for the cost
of your ice cream. For more information and to RSVP,
please stop by the front desk or call (203) 452-5137.

Time Schedule:

- Bus will leave the center by 10:30 AM
- Ferris Archery Creamery from 11:30 PM—12:30 PM
- Bus will return to the center by 1:30 PM.

Tell us where you want to go!

Weekly Shopping Trips

- **Thursday, June 8th-Stew Leonard's**
- **Thursday, June 15th- Uberti's Fish Market and the Dock Shopping Center (11:30 AM)**

There must be a minimum of 4 passengers per trip.
Maximum of 14 passengers per trip.

Time schedules can range from 10: 30 AM—12:30 PM.

For more information and to RSVP, please call 203-452-5137.



Regularly Scheduled Shopping

- **Tuesdays: Stop and Shop**

Stern Village Residents

- **Wednesdays: Stop and Shop**

**Please call 203-452-5137
to sign up!**

DAY AND OVERNIGHT TRIPS: *Stop by for detailed trip flyers*

Take a look at our day and overnight trips.

Anyone is welcome; membership or residency not required.

Driver tips and all amenities are included in the price.

Email Ashley Grace with any questions. Agrace@trumbull-ct.gov.

Coins & Claws Lobster & Casino! Mohegan Sun Casino

Getaway Tours

Date: July 6th

Cost: \$69.00 Per Person

Includes: Transportation, Lunch at
Abbott's, Casino Bonus Package,
Driver's Gratuity



Saratoga Off to the Races

Getaway Tours

Date: August 3rd

Cost: \$71.00

Includes: Transportation,
Grandstand Admission, Reserved
Seating, Driver's Gratuity



Block Island Breeze *Tours of Distinction*

Date: August 14th

Cost: \$122.00 Per Person

Includes: Transportation, Roundtrip
Ferry, Guided Tour of the Island,
Lunch at the National Hotel,
Taxes and Gratuities



More Upcoming Trips:

- **9/11 Memorial and Museum**—September 6th
- **The Big E**—September 20th
- **Oktoberfest**—October 19th
- **Radio City Christmas Show in NYC**—November 17th.
- **Brooklyn's Holiday Lights**—December 4th
- **An Amish Christmas Getaway featuring "The Miracle of Christmas" at Sight & Sound**—December 6th-8th
- **Boars Head Feast at the Williams Inn**—December 12th



Ask us about

Tours of Distinction's Customer Rewards Program:

Buy 3, get 1 free day trip.

*For more information about certain trips, please stop by the Center
for a flyer and/or call (203) 452-5137 and reference which trip you
may be interested in.*

Over Night Trips with

Collette Tours

Tour: Discover Switzerland, Austria
& Bavaria

Departing: Thursday, April 12th,
2018

Returning: Saturday, April 21st,
2018

Double: \$3,799.00

Single: \$4,099.00

Tour: Albuquerque Balloon Fiesta
Departing: Thursday, October 11th,
2018

Returning: Tuesday, October 16th,
2018

Triple: \$2,649.00

Double: \$2,679.00

Single: \$3,379.00



News from Social Services

What Does Social Services Do?

- Home Care Referrals
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance
- Food Pantry assistance

Bring your questions, ask us if we can help you or someone you know.

Would you like to help a family with home heat, groceries, or emergency housing?

Donations can be made to the Social Services Department. 100% of all donations made to the Social Services Department are used solely to assist Trumbull residents with heating assistance, food shopping, and emergency housing. Trumbull is an exceptional place to live, with many residents always willing to lend a hand !

Medicare Savings Program

Would you like help with your Medicare costs?

You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples, some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the “donut hole.”

ELDERLY AND TOTALLY DISABLED RENTER’S RELIEF PROGRAM:

ELIGIBILITY REQUIREMENTS:

Applicant must be age 65 or 100% Disabled (18+) older as of December 31, 2016

(**Current proof of disability from Social Security must be provided****)**

Applicant must have been a renter in Connecticut during 2016.

ANNUAL INCOME GUIDELINES: SINGLE COUPLE: \$35,200.00 COUPLE: \$42,900.00 (Cannot Exceed)

PROOF OF INCOME FOR 2016:

- 1) Social Security benefit statement for 2016 (1099) form
- 2) Bank interest statement and dividends for 2016
- 3) Pension Statement for 2016
- 4) Federal Tax Return for 2016 if filed
- 6) Any and all income from 2016 taxable or non-taxable

If you need proof of Social Security benefits, you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at www.socialsecurity.gov and create an account where you can then print a benefits verification letter.

**Trumbull Food Pantry at Priscilla Place. Please call for inquiries.
Transportation is available for pantry shoppers. Call 203-452-5137**



June

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prepare Your Body For Summer With the Healing Practices of Qigong Julie Moffat</p> <p><i>5 Thursday Sessions:</i> <i>May 25, June 1, 8, 22 & 29</i> <i>1:30 PM</i></p>		<p>Have you tried Belly Dance with Deborah?</p> <p>There are four classes remaining. Fridays at 11:30 AM</p>	9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:30 Computer Tutor 11:00 Chair Exercise 11:30 Feldenkrais 1:30 QiGong 6:00 Meditation	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Belly Dance 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1:00 Computer Bar 1:30 Tai Chi Quan	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:30 Computer Tutor 10:30 Party for Teresa 11:00 Chair Exercise 11:30 Feldenkrais 1:30 QiGong 6:00 Meditation	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Belly Dance 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 9:00 Bocce Ball 9:30 Acupuncture 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Acupuncture 10:30 Bridge 12:45 Line Dance 1:00 Breast Health & You! 2:00 Yoga	9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1:00 Computer Bar 1:30 Tai Chi Quan	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Cardiologist 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards Game	9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Computer Tutor 11:00 Chair Exercise 11:30 Feldenkrais 1:30 QiGong 5:00 Panama Canal 6:00 Meditation	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Belly Dance 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game Happy Father's Day!
9:00 Stretch 9:00 Bocce Ball 9:30 Acupuncture 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1:00 Computer Bar 1:30 Tai Chi Quan	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Food Safety 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards Game	9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:30 Computer Tutor 11:00 Chair Exercise 11:30 Feldenkrais 1:30 QiGong 6:00 Meditation	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:00 Commission 10:15 Tai Chi 11:30 Monthly Birthday 11:30 Belly Dance 12:30 Mahjong 12:30 Pinochle 1:00 Bingo 1-4 Billiards Game
9:00 Stretch 9:00 Bocce Ball 9:30 Acupuncture 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1:00 Computer Bar 1:00 Fun with Beads 1:30 Tai Chi Quan	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Lions Low Vision 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards Game	9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:30 Computer Tutor 11:00 Chair Exercise 11:30 Feldenkrais 1:30 QiGong 5:00 PlantNite 6:00 Meditation	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:15 Lunch & Movie 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game







Greater Bridgeport Senior Community Café
Trumbull Café 203-378-3086

June 2017



MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mixed Greens Pot Roast Au Gratin Potatoes Green Beans Berry Shortcake	2 Broccoli Slaw BBQ Short Rib Brown Rice Red Cabbage Fresh Orange
5 Spinach Soup Roast Fresh Ham with with Apple Sauce Baked Potato Stewed Eggplant Pineapple	6 Tossed Salad Oven Fried Chicken Creamed Corn Braised Collard Greens Pound Cake	7 Kale Soup Sautéed Beef Tips and Mushrooms Mashed Potato Mixed Vegetable Cantaloupe	8 Caesar Salad Manicotti Bolognese Spinach Garlic Bread Peach Pie	9 Vegetable Soup Turkey Meatloaf Sweet Potatoes Cauliflower Fruit Salad
12 Chicken Gumbo Pot Roast Potatoes Carrots Fruited Jell-O	13 Mixed Greens Grilled Liver & Onions Mashed Potatoes Broccoli Brownie	14 Broccoli Soup Chicken with Mushrooms, Bacon and Tomatoes Wild Rice Blend Peas Fruit Cocktail	15 Tossed Salad Cavatelli with Italian Sausage and Broccoli Garlic Bread Pears	16 Father's Day Special Clam Chowder Sliced Loin of Pork with Fruit Relish Sweet Potato Asparagus  Carrot Cake
19 Cabbage Soup Roast Turkey with Gravy Corn Bread Stuffing Peas and Carrots Grapes	20 Vegetable Slaw Carved Roast Beef with Gravy Baked Potato Cauliflower Apples	21 Onions Soup Cheese Ravioli Bolognese Broccoli Garlic Bread Chocolate Pudding	22 Split Pea Soup Chicken Piccata with Lemon Caper Sauce Brown Rice Brussel Sprouts Jell-O	23 Mixed Greens Quiche Lorraine Potatoes Green Beans Watermelon
26 Spinach Salad Hamburger Oven Fries Lettuce and Tomato Hamburger Bun Peaches	27 Minestrone Soup Grilled Kielbasa with Sauerkraut Potatoes Collard Greens Honeydew	28 Tossed Salad Rotisserie Chicken Macaroni and Cheese Carrots Ice Cream	29 Beef Barley Soup Virginia Ham with Fruit Compote Sweet Potato Zucchini Pears	30 Field greens Roast Pork with Chili Garlic Sauce Rice and Beans Braised Greens Butterscotch Pudding



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TRUMBULL SENIOR CENTER

Membership application July 2017-June 2018

(203) 452-5199 23 Priscilla Place, Trumbull, CT. 06611.



Annual Membership: ☐ Per Resident (\$5) ☐ Per Non Resident (\$20)

☐ Cash ☐ Check

1.) Member Name: _____ Date of Birth: _____ (required)

2.) Member Name: _____ Date of Birth: _____

Address: _____ Apt./Unit: _____

City: _____ State _____ Zip: _____

Email (1): _____

Email (2): _____

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**Transportation is available to and from the center Monday –Friday. Rides are also provided to medical appointments. Please call (203) 452-5137 for more information.*

In consideration of your accepting my registration, I hereby waive and release any and all rights and claims for damages I may have against the Town of Trumbull, its representatives, successors, and assigns, for any and all injuries suffered from any activity in which I participate, and I authorize emergency medical treatment should I be unable to consent at some point in time.

I agree to abide by the membership guidelines which are posted at the senior center.

Date _____ \ _____ \ _____ Applicant Signature _____

Date _____ \ _____ \ _____ Applicant Signature: _____